



Stephenville Senior Citizens Center

Serving the Needs of the Elderly

February 2016 – March 2016 Newsletter

164 E. College Street

(254) 918-1288

Come see the next gallery exhibited! **Chris Ireland** is displaying his works of photography. The title of the exhibit is called “**Views of Erath County.**” Just a little bit of information about our new exhibitor. Mr. Ireland is an Assistant Professor at Tarleton State University Fine Arts Department. He has Bachelor Degree in Fine Arts from Cleveland Institute of Art and a Master Degree in Fine Arts from Washington State University. He and his wife moved to Erath County about 6 years ago so he could accept the position at Tarleton. His wife also works at Tarleton in the Center for Agribusiness Excellence. When asked “When did you get into photography and Why?” His response was “I have been interested in photography ever since I was a little kid. Photography attracts me because of the process that goes a long with it, where in order to find images I have to travel outside my studio and learn about my surrounding. So when the sun is coming up I grab some maps and just go exploring in my car with my camera. Every time I move to a new place, I like to explore places that are off the beaten path and learn about the history of the town. That is where these photos come from.” Mr. Ireland exhibit begin on February 2, 2016, and will be on display until April 30th.

Getting those federal income taxes ready can be a headache! Unless the tax payer knows current laws, he/she may miss a deduction which could cost him/her money. Why take chances? The **IRS Volunteer Income Tax Assistance Program** offers free tax help for low to modern income taxpayers and for seniors 60 and older. These services will be available on Tuesdays, February 2 through April 12, 2016, from 8:30 a.m. – 11:30 a.m. at the Stephenville Senior Citizens Center. Taxpayers may also get assistance with their taxes at the Texas A & M AgriLife Extension Center, 1229 N U.S. Hwy 281, on Wednesdays from 1p.m. – 4p.m., beginning February 3 through April 13, 2016. Taxpayers will need to present the following items to have their returns prepared: Photo identification; valid social security card for the taxpayer, spouse and dependents; birth dates for all dependents; statements from all employer (W-2, 1099-R); statement of social security earnings (1099 SSA); interest and dividend statements from banks; bank routing numbers and account numbers for direct deposit, if desired; total paid for day care and day care provider’s identification number, if applicable; documents relating to health

insurance and other relevant information about income and expenses. **Tax payers should always bring a copy of the previous year’s return.** Counselors will not be preparing returns for farm income, rental property, business income with a loss/ depreciation or any returns without proper paperwork. In addition to free tax return preparation assistance, these sites use free electronic filing. An e-filed tax return means a faster refund. The IRS can generally issue refunds to taxpayers who combine e-file and direct deposit in as few as 14 days.

The Stephenville Senior Citizens Center, along with the Tarleton Ambassadors, will be co-sponsoring this year’s **Sweetheart Dance.** The Dance is scheduled for Tuesday, February 9, 2016 from 7p.m – 9:30p.m. Admission is free. Refreshment will be provided by the Tarleton Ambassadors.

The TGIF Forty Two Club is sponsoring a **Forty-Two Tournament** at the center. The tournament will start on Friday, March 18 from 1:15p.m. - 5p.m. Check in is at 1p.m. To complete the tournament, play will resume on Saturday, March 19 at 9:30a.m. Check- in is at 9:15a.m. The entry fee is \$10 per player. If you additional questions or want to pick up an entry, call Jan Smith at 512-731-2413.

The **A.A.R.P. Drive Safely Course** is scheduled for March 10, 2016 from 12:30p.m. – 4:45p.m. If you are an A.A.R.P. member, the fee is \$15. For non-members, the cost is \$20. You must present your A.A.R.P. membership card at the time of registration to qualify for the discount. The fees and registration need to be turned in by March 10 before 11a.m. Note: In order to have the class, we must have at least five people register for the class. No cash please. **All money orders and/or checks needs to be made out to A.A.R.P.** The instructor is Richard Stanford.

The **Stephenville Senior Challenge** is coming up! The date has been set for Tuesday, April 19, 2016, inside the Ballrooms of the Barry B Thompson Student Center. Please sign up with Sandy if you want to be on the Roadrunner team as a team player or cheerleader.

In observance of the upcoming **holidays:** President’s Day (February 15th) and Good Friday (March 25th), the center activities will be cancelled, except for yoga

Sandy Morgan, Sr. Recreational Coordinator



Stroke Prevention Screening March 17, 2016

Life Line Screening is hosting a **Stroke Prevention Clinic** at the center on Thursday, March 17, 2016. You will need to pre-register by calling **1-888-653-6450** or signing up on the web site: www.LifeLineScreening.com/community-partner. You can sign up for the following test: Carotid Artery/Plaque Screening (Cost \$70); Abdominal Aortic Aneurysm Screening (Cost \$70); Peripheral Arterial Disease Screening (Cost \$60); Atrial Fibrillation/ Heart Rhythm Screening (Cost \$70); and the Osteoporosis Screening (Cost \$60). With package 1, you will get the first four tests for \$139. To get all five tests, the cost is \$149. Pay with cash or credit card! No insurance accepted! You should receive the results within 21 days.



Program and Activity News

Additional classes are available for **Line Dancing. The center offers a class for beginners on Mondays, Wednesdays and Fridays at 8:30a.m. The Intermediate Line Dancing class is on Wednesdays from 2p.m. – 3p.m. These classes are open to the public. *Note: In observance of the upcoming holidays, the Line Dancing classes are cancelled for President Day (February 15th) and for Good Friday (March 25).*

* Just remember! The Red Hat Stepper will not perform in February. They will resume their performances in March. See the schedule below:

- Mar 09 Good Tree Retirement Center @ 2p.m.
- Mar 23 Hico Nursing & Rehabilitation @ 2:30p.m.

* We have made some changes to the **Exercise Program**. We have recently changed the floor exercises to chair exercises. Please join us on Mondays, Wednesdays, and Fridays, from 9:30a.m. -10a.m. The class is free. *Note: In observance of President's Day and Good Friday, the exercise classes are cancelled for February 15th and March 25th.*

*The North Central Texas Area Agency on Aging is providing **congregate meals** to the center on Tuesdays and Thursdays, through Erath County Senior Inc. The meals are free. Voluntary donations are accepted. See the menu inside the newsletter. The only stipulation is: you must be 60 years of age or older and the meals must be eaten at the center. If you're still interested in the meals, please make all reservations by 11a.m. on Mondays and/or Wednesdays for the next day's meal. You have a choice of a regular or diet meal, plus a drink: 2% milk, skim milk, chocolate milk, buttermilk or juice. We can now order apple juice with your meal. The meals arrive at the center between 11a.m-11:30a.m. *Note: Because up the upcoming holiday, the center will be closed for President's Day. I need to know if you want a meal for Tuesday, February 16th on Friday, February 12th before 10a.m.*

*The **pool** at Wisdom Gym on the Tarleton State University Campus will be closed for Spring Break the week of March 7 – 11, 2016. The water exercise and lap swimming classes will be cancelled for that week.

*The **Monday Art Class** with Pat Jones meets at 2p.m. The art class is free and the supplies come furnished. *Note: The art class will not meet on President's Day (February 15th).*

***Bingo** is on Thursdays from 10a.m – 11a.m. There is a fee of \$2 to play, except on the fourth Thursday. The bingo is free courtesy of Oakwood Assisted Living. There is one more free bingo and that's on February 18th by Mighty Care.

***Yoga classes** for the public are scheduled for Mondays and Fridays at 10 a.m. There are some afternoon classes on Mondays and Wednesdays at 5:30p.m. The cost is \$12 per person for each class taken. The instructor is Pat Jones. Don't forget about Chair Yoga on Mondays & Fridays at 11:15 a.m. *Note: The yoga classes will meet on February 15th and on March 25th.*

*The **Travel Club** will meet on February 1st at 6p.m. This meeting is to finalize plans and sign up for the trip with M & M Travels for Saturday, March 12th. The bus will leave the center parking lot at 10:30a.m. It is a one day trip to see the play "Driving Miss Daisy" in Grand Prairie. You must sign up for the trip by February 14th. For additional information, call Carolyn at 254-968-2160 or Polly at 254-631-1907.

Tuesday Night Country & Western Dance

Don't forget the **country and western dance** on Tuesday nights at the center. Admission is still \$5 per person. The dance schedule is listed below:

- Feb 2** Cowboy Country Production
(Sponsored by; Andy's Tire Service)
- Feb 9** Kaye Tolson Band
(Sponsored by: Tarleton Ambassadors)
- Feb 16** Outlaw Run
(Sponsored by: Woods Furniture)
- Feb 23** C.B. Sutton & the Outcast
(Refreshments provided by:
Renew Home Health & Mulberry Manor)
- Mar 1** Cowboy Country Production
(Sponsored by: Andy's Tire Service)
- Mar 8** Kaye Tolson Band
- Mar 15** Outlaw Run
(Sponsored by: Woods Furniture)
- Mar 22** C.B. Sutton & the Outcast
(Refreshments provided by:
Renew Home Health & Mulberry Manor)
- Mar 29** No Dance

Note: A special thank you to our sponsors Andy's Tire Service and Wood Furniture for their continued support. As well as Renew Home Health and Mulberry Manor for the refreshments they provide for the dance.



Daylight Saving Time
March 13, 2016

Set your clocks up one hour



Potluck

Feb 3	Taco Soup w/ Cornbread
Feb 10	Valentine Luncheon
Feb 17	Fried Chicken w/Mashed Potatoes & Gravy <i>(Free meal courtesy of Mulberry Manor)</i>
Feb 24	TBA <i>(Free meal by Oakwood Assisted Living)</i>
Mar 2	BBQ Sausage & Potato Salad
Mar 9	Fried Chicken w/ Mashed Potatoes & Gravy <i>(Free meal provided by: Mulberry Manor)</i>
Mar 16	Easter Potluck - Ham
Mar 23	TBA <i>(Free meal by Oakwood Assisted Living)</i>
Mar 30	Sloppy Joes w/ Chips

Note: A special thank you to Mulberry Manor, Oakwood Assisted Living, and Senior Care Center for sponsoring a potluck meal in December and/ or January.

Veteran's News



The DAV shuttle takes veterans to scheduled VA doctor appointments in Temple or Waco medical centers, as well as Brownwood Community Based Outpatient Clinic. When making your VA appointments, let them know you are a Shuttle rider and that the appointment needs to be made on days the van is scheduled for that area. The rides are free. Call Robin Ritchie at 254-965-2689 to schedule your rides. Remember you meet in the parking lot next to the Erath County Fire Department. You must be there by 7:15a.m. Reserved parking for veterans is marked near the shuttle pavilion. The van leaves at 7:30 a.m. Here are the guidelines for riding on the Stephenville DAV shuttle:

1. Reservations must be made for rides on the shuttle at least 24 hours before scheduled appointments. Any veterans needing Triage or Emergency visits are not permitted to ride the shuttle via the VA Health Care System's regulations.
2. Veterans must be ambulatory and able to enter and exit the shuttle on their own physical power
3. Veterans pick up will be only at established pick up places or prearranged stops along the scheduled route. Drivers are not allowed to pick veterans up off the already established route.
4. Non-Veterans riders must be approved before riding the shuttle (non-veteran riders are only approved as health care providers or next of kin visitor while veteran is hospitalized)
5. All shuttle rules in which the VA has established are to be followed by both rider and drivers, Complaints of violators will be reported to the Shuttle Coordinator

Note: Due to a shortage of volunteer drivers, the day of operation schedule has changed for the Stephenville DAV shuttle. The scheduled is below. Anyone interested in becoming a volunteer driver can contact the VAVS office at the VA: 1-800-423-2111.

*Mondays & Wednesdays-Waco and/or Temple appointments to the Health Care Center will need to be made after 9a.m. and before 2p.m.

* Thursdays Only- Brownwood appointments to the Community Based Clinic needs to be made after 9a.m. and before 2p.m.



Community Events!

The Ultra Club Big Band Dance is set for February 5th from 8p.m. – 11p.m. The tickets are \$15 and can be purchased at the door. This event is being hosted inside the ballrooms of the Barry B Thompson Student Center.

Joyce Hillin is hosting the **Annual Valentine Musical Program** on Sunday, February 14th at 2:30p.m. This event is free and will be held inside the Chapel on the Bosque on the Stephenville Historical Museum Grounds, 525 East Washington. Home bake goods will be given as door prizes.

The 18th Annual Tarleton Round Up is set for April 2, 2016! Tarleton students, faculty, staff and community members work together in a collaborative effort to help the elderly and disable with common household chores such as painting, window washing, cleaning gutters, raking leaves, etc. Want to be a part of Tarleton Round Up? We are now looking for sponsorships, volunteers, and job sites. Application for job sites must be postmarked by March 18th. Feel free to contact Tarleton's Department of Student Engagement at 254-968-9256 and ask for Erin Warner or Lauren Motloch, or email ewarner@tarleton.edu for applications or more information.

Bring your pennies and come play! The Zonta Club is sponsoring the **Annual Penny Auction** on Saturday, March 5 inside the gym at the City Park. The door opens at 5:00p.m. The auction starts at 6:00p.m. Throughout the evening, you'll be able to take part in the silent auction.

Preparing for Lent! The Knights of Columbus are hosting several fish fries to raise money for local organizations. These fish fries are held inside Newman Hall, behind Saint Brendan Catholic Church that is on the corner of Lillian and Washington. The fish fries are scheduled for Fridays at 5:00 p.m., starting February 12 through March 18. The meal includes: fried fish, hush puppies, French fries, coleslaw, dessert and tea.

The Foster Home for Children 13th Annual Auction is set for March 4 and March 5. See the Schedule below: For additional information, call the Foster Home for Children at 254-968-2143.

*March 4 - The Box Lot items at 6p.m. by the Auction Barn. (storage war style)

*March 5 -Outdoor auction at 9a.m. behind the gym; a free BBQ lunch at 11:30a.m; live and silent auction at 12:30p.m inside the gym; and then the vehicle and fibergrate auction in the field behind the gym.

A Valentine Fundraiser for PAWS is schedule for February 13 at 6p.m. inside "The N" at the Hardway Ranch, 20194 U.S. 377, Stephenville, Texas. Free event! Live Auction! Dinner provided by Hard 8 BBQ.



February

1	Rae Jean Hasty	6	Charlene Sloter	15	Fran Hendrick	19	Sue Greenway
1	Teresa Westmoreland	6	Russ Johnson	15	Ruth Marsh	21	Tom Gourley
1	Beth Howell	8	Leslie Miller	15	Earlene Faulkner	21	Sue Webb
1	Joyce Sparks	8	Philip Jackson	16	Laverne Craig	22	Gwen Burrus
1	Annella Low	8	Kathleen Davidosn	16	Majorie Thill	23	Winnie Fields
1	Bill Davidson	9	Loye Ann Buckmaster	16	Opal Black	24	Amber Bringhurst
2	Sue Robinett	10	Karan Koonsmen	17	Nell Foster	25	Kayla Sult
3	Teddy Bray	11	Linda Weems	17	Dorothy Glenn	25	George Campbell
3	Charlsa Carroll	11	Marvin Wood	17	Jerry Walker	25	Nell Gordon
3	Susie Ford	11	Pat Stracener	17	Don Brazell	25	Bill Grisham
3	Larry Griffin	11	Edna Lee	18	Carole Arnold	25	Tom Quinones
4	Joyce Havens	12	Laura Horton	18	Betty Anderson	26	Richard Coates
4	Carlene Sutton	12	Pam Elsner	18	Greg Godwin	27	Rayford Savage
5	Ann Wood	13	Mary McClain	18	J.D. Walker	27	Helen Willis
5	Vicki Keith	13	Barbara Drake	19	Viki Hymer	27	Beth Parham
5	Kenneth Spencer	13	JoAnn Pierce	19	Mary Gill	28	Lea McKinnon
6	Sandra Loving	13	Tracy Hargus	19	Dewayne Stephens	28	Beverly Pack
6	Mary Burgett	14	Maggie Burton	19	Patsy Jones	28	Jack Corbell
6	Doris Alexander	15	Linda Stahnke	19	Margie O'Neal	28	Ann Truby
6	James Lee						



March Birthdays

1	Mabel Lee	7	Dean Slayton	15	Laura Rock	26	Velma Moon
1	Larry Collins	8	Susie King	16	Janey Laquey	27	Valarie Burns
1	Jerry May	9	Diane Cooper	16	Beth Mewhinney	28	Ellen Parker
1	Vernell Horton	9	Carla Waldron	17	Marsha Stephens	28	Lena Flory
3	Viola Truss	9	Michael Waters	18	Merle Jo Parks	29	Helena Chapman
3	Melvina Cornett	10	Suzy Chism	19	Jodi Dearing	29	Ann Burseson
4	Frank O' Bryant	10	Tommy Shelton	19	Martha Savage	29	Billy Faries
4	Christine Hudgins	10	Dee Cox	19	Leonard Gill	30	Florence Brownlow
5	Mary Trofholz	12	Charles Kitchens	21	Norma Danner	30	Kay Patterson
5	Frances Williams	13	JoEllen Miller	25	Charles Carr	31	Mary Becker
6	Ruthie Boucher	14	James Hinson	25	Laura Nash	31	Margaret Derrick
6	Robin Ritchie	14	Michi Jackson	25	Peggy Mayo	31	Joanna Fuchs
7	Juanita Jenkins	14	Louis Richardson	25	Clinton Lowery	31	Jerry Packwood
7	Melinda Brister	15	Pat Gilbert	26	Larry Hailey		

Our sincere appreciation to the businesses, home health agencies and individuals who donate and/or provide services to our seniors:

*These schools came out to sing Christmas Carols in December: Central Elementary, Stephenville Christian School and Chamberlain Elementary.

*The Red Hat Steppers, Tim Turnbeaugh, Marlene & Ed Dupas, Bettye Key, Holly Koch, and Keegan McInroe provided the entertainment for the Senior Christmas Party

*Tarleton Athletic Department donated free basketball tickets

* Everyone who bought gifts for the angel tree

* All those who helped in the judging of the Christmas Coloring Contest